



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

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FISH AND WILDLIFE SERVICE

For Release ON RECEIPT

"Dinner At Eight" I

There was trouble with an aspic, one may recall, if he saw the play or the movie. Terrible trouble.

However--no trouble at all with this aspic, if you had one in mind for dinner tomorrow, says the Fish and Wildlife Service, United States Department of the Interior.

Salmon in Cucumber Aspic

2 cucumbers	1-1/2 tsp. white pepper
1 onion	2 tbsps. gelatine in 1/2 cup
1 quart water	cold water
1-1/2 tsps. salt	1 cup salmon, flaked

Peel and slice cucumbers and onion, add salt, pepper and water and simmer an hour. Strain and pour over gelatine which has been softened in 1/2 cup water. Cool until it begins to stiffen, then add salmon and turn into individual molds. Garnish with cucumber and radish roses.

(San Juan Deep Sea Foods Economical Recipes)

Do you, perhaps, prefer shrimp to salmon, or eel, or herring? No matter...

For something simple--but good--to combat this summer heat, delight the eye, and tempt the tongue, have a go at one of these concoctions:

Jellied Shrimp and Fish

1/2 cup cooked shrimp	1 cup boiling water
1/2 cup cooked fish, flaked	1 cup cold water
1 pkg. lemon gelatin	1/2 pimiento minced
Juice of 1 lemon	1 green pepper, minced
1/2 tsp. pickle spice	1/2 cup celery, minced

Strain hot water in which the spice has been cooked for 5 minutes, onto the gelatin. When gelatin is dissolved add cold water and lemon juice. Place one shrimp in the bottom of individual molds which have been rubbed with salad oil. Arrange the remaining shrimp, quartered, with the fish, celery, green pepper, and pimiento in the molds. Pour in gelatin mixture and when firm serve with desired garnish.

(Choice Recipes for North Atlantic Sea Foods)

Salmon Moulded

1 can salmon
1 tsp. granulated gelatine
Boiled salad dressing

Make a boiled salad dressing. Soak one teaspoonful granulated gelatine in cold water to cover and add it to the salad dressing mixture when it is done. Then stir in, one can salmon scalded. Pour into mould and when stiff and cold serve with the following sauce.

Sauce for Salmon Mould

1 cup heavy cream
Few grains cayenne
1/4 tsp. salt
3 tbsps. vinegar
1 medium-sized cucumber

Beat the cream until stiff, slowly add the salt, pepper and vinegar. Just before serving combine with the cucumber, pared, chopped and drained.

(Old Gloucester Sea Food Recipes)

Jellied Fish Salad

2 cups cooked fish, flaked
1/2 cup cold water
2 eggs
3/4 tsp. salt
1/2 tsp. celery seed
1/4 cup vinegar
1/4 cup water
2 tbsps. gelatin

Soften the gelatin in cold water for 5 minutes. Beat the eggs, add salt, celery seed, vinegar and water, cook over boiling water until thickened. Add the softened gelatin and stir until it has dissolved, then add the fish. Pour into individual oiled molds. Let stand in cold place until firmly set, turn out on crisp lettuce and serve with mayonnaise.

(Choice Recipes for North Atlantic Sea Foods)

Salmon Garden Bowl

2 1-lb. tall cans of salmon
1 large head lettuce
1-1/2 cups diced celery
5 hard-cooked eggs
1/4 cup sliced green onions
1 medium-sized bag of potato chips (4-1/2 oz.)

Drain salmon, separate into 4 large pieces. Line a salad bowl with frilly lettuce leaves; shred remaining lettuce and arrange in bottom of bowl. Add diced celery and onion. Slice 3 of the eggs over the celery and lettuce. Crush potato chips coarsely (about 1-1/2 to 2 cups) and spread over eggs. Arrange salmon over top. Cut remaining eggs in halves and use for garnish. Serve with this dressing: Combine 2 cups mayonnaise, 2 tbsps. prepared mustard, 5 tbsps. vinegar, and 2 tbsps. minced parsley; pour part of this dressing over salad just before serving, and pass remainder separately. Serves 6 to 8.

(Carolyn Evans' Favorite Recipes for Canned Salmon)

Walnut Salmon Salad

2 1-lb. tall cans of salmon	1/4 cup finely chopped cucumber
4 slices pineapple	1/4 cup chopped walnuts
1 cup mayonnaise or salad dressing	1/4 tsp. salt
2 tpsps. lemon juice	Large walnut halves

Drain salmon, break into 4 pieces, and place on shredded lettuce on platter. Sprinkle with minced parsley. Cut pineapple slices in halves, coat edges with paprika, and form border around salmon. Mix mayonnaise, lemon juice, cucumber, chopped walnuts, and salt. Drop a small spoonful on each piece of salmon, top with walnut halves. Pass remaining dressing separately. Serves 6 to 8.

(Carolyn Evans' Favorite Recipes for Salmon)

Jellied Eels

Cut 1 large eel into 2-inch pieces. Cover with cold water and cook bringing to boiling point. Skim; add 2 bay leaves, 8 whole allspice berries (1/2 tsp. if ground), 6 cloves, 1/4 tsp. pepper, and 1/2 tsp. salt. Then simmer until tender. Arrange fish in oiled fancy mold. Strain liquid through cloth and cook 10 minutes. Cool and pour liquid over fish. Should be enough to cover fish. Chill until jellied. 1 tbsp. granulated gelatin may be added to each quart of liquid. (160 Easy-to-Prepare Seafood Recipes)

Kippered Herring Salad

1 (14-oz.) can kippered herring
2-1/2 cups diced cooked beets
1 small onion, thinly sliced
1/4 cup French dressing
1 small head lettuce
6 deviled eggs

Remove bone and skin from herring and break into large pieces. Drain beets and add to herring. Separate slices of onion into rings and add to beets. Sprinkle with French dressing and chill for 1 hour. Shred lettuce and arrange on salad plate. Place salad in a mound on lettuce and arrange deviled eggs around it. Serves 6. (250 Fish and Sea Food Recipes)

Whitefish Salad

1 pound smoked whitefish
1 cup wine vinegar
Salad greens

Marinate smoked whitefish in wine vinegar for 1 hour. Drain well. Serve on salad greens. Serves 8. (Culinary Arts Institute)

Whitefish Fillets Vinaigrette

1/3 cup salad oil
1 tsp. minced parsley
1 tsp. grated onion or minced chives
1 tbsp. chowchow or pickle relish
1 tsp. prepared mustard
1/4 cup vinegar
2 tbsps. cold water
2 cups flaked whitefish (or any kind of cooked or canned fish)

Combine the salad oil, seasonings, vinegar and water. Beat well. Pour over the fish and chill at least an hour. Serve in nests of lettuce or as a topping to sliced tomatoes; garnish with parsley or cress.

(Ida Bailey Allen's Money-Saving Cook Book)